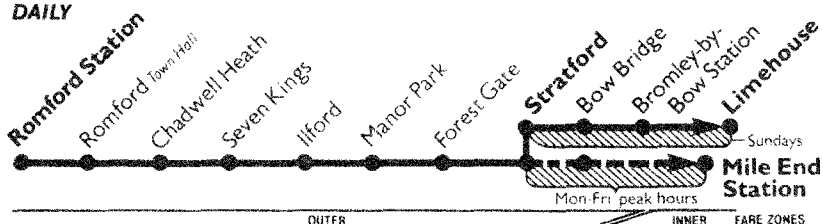


Please
have your
fare
ready to
**PAY THE
DRIVER**



Mondays to Fridays

NOTE Between Romford and Stratford extra buses provide a service every 6 minutes during peak hours.

Romford Station	0537	0558	0617	0627	0639	0651	0703
Romford Market	0541	0602	0621	0631	0644	0656	0708
Chadwell Heath Coopers Arms	0550	0611	0630	0640	0656	0708	0720
Seven Kings Garage	0543	0608	0629	0636	0641	0653	0707
Ilford Broadway	0552	0604	0617	0625	0638	0643	0656
Manor Park Broadway	0609	0622	0630	0646	0651	0704	0711
Forest Gate Green Street	0612	0625	0633	0650	0655	0708	0715
Stratford Broadway	0618	0634	0645	0702	0707	0715	0720
Stratford Bus Station	↓	↓	0709	↓	0717	↓	↓
Bow Church	0623	0639	0650	0707	0715	0725	0732
Mile End Station	0627	0644	0655	0712	0720	0732	0744
Romford Station	0708	0714	0842	0848	1505	1511	1726
Romford Market	0713	0719	0848	0854	1511	1517	1732
Chadwell Heath Coopers Arms	0725	0731	0902	0908	1524	1530	1744
Seven Kings Garage	0731	0737	0908	0914	1530	1536	1750
Ilford Broadway	0745	0751	0922	0928	1542	1548	1801
Manor Park Broadway	0754	0800	12	0931	1550	1556	1808
Forest Gate Green Street	0800	0806	12	0937	1603	1609	1813
Stratford Broadway	0817	0823	until	0950	1603	1609	1820
Stratford Bus Station	0819	↓	↓	0956	1605	↓	1828
Bow Church	0830	↓	↓	0956	1615	↓	1826
Mile End Station	0837	↓	1003	↓	1620	↓	1831
Romford Station	2319	2331	2343	247	0015	0037	2248
Romford Market	2323	2335	2347	2345c	0019	0041	2252
Chadwell Heath Coopers Arms	2332	2344	2350b	2356	0008	0040b	2303
Seven Kings Garage	2337	2349	2356	0001	0003	0013	2316

Saturdays

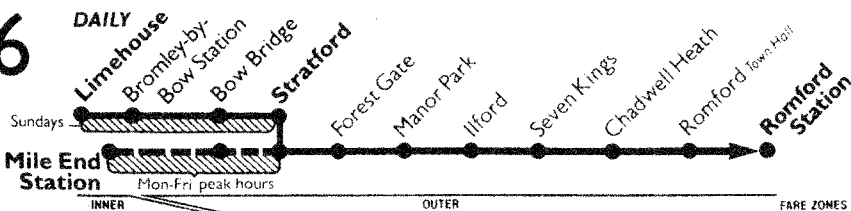
Romford Station	0535	0605	0635	0659	0723	0835	0847	0859
Romford Market	0539	0609	0639	0703	0727	Then about every 0839	0851	0904
Chadwell Heath Coopers Arms	0548	0618	0649	0700b	0713	0724b	0901	0912b
Seven Kings Garage	0540	0553	0623	0639	0654	0706	0903	0917
Ilford Broadway	0549	0602	0632	0649	0704	0716	0912	0923
Manor Park Broadway	0607	0637	0659	0711	0723	0735	0917	0927
Forest Gate Green Street	0610	0642	0659	0714	0726	0738	0920	0931
Stratford Broadway	0616	0648	0705	0720	0732	0744	0923	0937
Stratford Bus Station	0618	0650	0707	0722	0734	0746	0925	0939
Romford Station	0911	0919	1723	2248	2258	2309	2319	2331
Romford Market	0916	0924	Then about every 1725	2252	2302	2313	2323	2335
Chadwell Heath Coopers Arms	0919	0937	about 1745	2303	2313	2322	2332	2344
Seven Kings Garage	0915	0939	0943	every 1752	2308	2318	2327	2337
Ilford Broadway	0946	0950	0954	6	1805	12	2317	2336
Manor Park Broadway	0955	0959	1003	mins. 1813	13	2322	2341	2361
Forest Gate Green Street	0958	1002	1007	until 1817	until 2325	2334	2353	2373
Stratford Broadway	1005	1010	1015	1823	2331	2350	2369	2389
Stratford Bus Station	1007	1012	1017	1825	2333	2352	2371	2391

Sundays (and National Public Holidays)

Romford Station	247	0712	42	12	0842	0904	0919	34	49	04	19	1834
Romford Market	0606c	0716	Then about every 46	16	0846	0908	0923	38	53	08	23	1838
Chadwell Heath Coopers Arms	0614	0725	at these mins. 45	00	15	0900	0913	42	57	10	25	1842
Seven Kings Garage	0619	0630	0645	0715	0730	N 0900	0913	45	00	13	28	1845
Ilford Broadway	0628	0639	0654	0725	0740	T 0900	0913	48	03	16	31	1848
Manor Park Broadway	D	0644	0659	0731	0746	I 0916	0929	51	06	19	34	1851
Forest Gate Green Street	D	0647	0702	0734	0749	L 0919	0932	54	09	22	37	1854
Stratford Broadway	0653	0708	0740	0755	hour 10	25	40	55	0925	0938	0951	1006
Stratford Bus Station	0655	↓	↓	0757	hour 10	27	42	57	0927	↓	0953	↓
Bromley-by-Bow Station	0715	0747	17	47	0945	1013	1033	43	53	13	23	1923
Limehouse Burdett Road	0721	0753	23	53	0952	1020	1050	50	00	10	20	1923
Romford Station	1849	1906	1922	1937	52	07	22	37	2222	2239	2252	2312
Romford Market	1853	1910	1926	1941	56	11	26	41	2226	2243	2256	2316
Chadwell Heath Coopers Arms	1904	1921	1937	1952	60	22	37	52	U 2237	2254	2307	2325
Seven Kings Garage	1910	1927	1943	1958	13	28	43	58	N 2243	2300	2312	2330
Ilford Broadway	1920	1936	1952	2007	22	37	52	07	T 2252	2309	2323	2343
Manor Park Broadway	1926	1942	1958	2013	28	43	58	13	I 2258	2314	2328	2348
Forest Gate Green Street	1930	1946	2002	2017	32	47	02	17	L 2302	2317	2331	2351
Stratford Broadway	1936	1952	2008	2023	38	53	08	23	2308	2323	2337	2357
Stratford Bus Station	↓	1954	↓	2025	↓	55	↓	25	↓	2325	2340	2360
Bromley-by-Bow Station	1943	2015	45	15	2315	2335	2355	55	05	15	25	1925
Limehouse Burdett Road	1950	2021	51	21	2321	2341	2361	00	10	20	30	1930

b - Time at Chadwell Heath Wangey Road.
c - Time at Romford North Street/The Avenue.
d - Continues to Chigwell Road Maypole.

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PLEASE HAVE YOUR FARE READY TO PAY THE DRIVER

Mondays to Fridays

NOTE Between Stratford and Romford extra buses provide a service every 6 minutes during peak hours.

Mile End Station	0512	0532	0552	0607	0612	0624	0632	0638	0644	0650	0652	0656	0701	0704	0707	0710
Bow Church	0517	0537	0557	0603	0607	0617	0629	0637	0643	0649	0655	0658	0701	0706	0710	0715
Stratford Broadway	0526	0546	0606	0614	0616	0626	0638	0648	0654	0700	0706	0709	0712	0717	0721	0726
Forest Gate Green Street	0530	0550	0610	0617	0620	0630	0642	0652	0658	0704	0710	0712	0716	0721	0724	0730
Manor Park Broadway				247		0604				247				0703	0707	0710
Ilford Broadway																
Seven Kings Garage																
Chadwell Heath Coopers Arms																
Romford Market																
Romford Station																
Mile End Station				0655		0714				1010				1625		1823
Bow Church				0659		0718				1015				1630		1829
Stratford Bus Station						0714				1024				1626		
Stratford Broadway				0704		0718	0723			1022	1029			1611	1637	
Forest Gate Green Street				0711		0725	0730			1031	1038			1640	1646	
Manor Park Broadway				0714		0728	0733			1035	1042			1649	1655	
Ilford Broadway				0711		0720	0739			1041	1048			1656	1702	
Seven Kings Garage				0716	0720	0726	0739	0737		1052	1059			1706	1712	
Chadwell Heath Coopers Arms				0721	0725	0731	0734	0743	0750	1058	1105			1712	1718	
Romford Market				0732	0736	0744	0747	0756	0803	1111	1118			1725	1731	
Romford Station				0736	0741	0750	0753	0802	0809	1116	1123			1731	1737	
Mile End Station				1836		1849										
Bow Church				1841		1853										
Stratford Bus Station	1837		1848			1900	1912			2300	2309	2318	2330	2342	0001	
Stratford Broadway	1842	1847	1853	1859	1905	1917				2304	2312	2322	2334	2346	0005	
Forest Gate Green Street	1851	1856	1902	1908	1914	1926				2311	2320	2329	2341	2353	0012	
Manor Park Broadway	1856	1901	1907	1913	1919	1931				2313	2322	2331	2343	2355	0014	
Ilford Broadway	1902	1907	1913	1919	1925	1937				2318	2327	2336	2348	2400	0015	
Seven Kings Garage	1912	1917	1923	1929	1935	1946				2326	2335	2344	2356	2408	0017	
Chadwell Heath Coopers Arms	1918	1925b	1929	1941	1952					2331	2342b	2349	0003b	0013	0014b	
Romford Market	1931		1942		1953	2004				2340		2358		0022		
Romford Station	1936		1947		1957	2008				2344		0002		0026		

Saturdays

Stratford Bus Station						0639			0703		0815			0827		0839
Stratford Broadway						0643			0707	Then	0819			0831		0843
Forest Gate Green Street						0650			0714	about	0826			0838		0850
Manor Park Broadway						0652			0716	every	0828			0840		0852
Ilford Broadway						0658			0722	12	0834			0846		0858
Seven Kings Garage	0512	0542	0606	0633	0650	0657	0707	0714	0721	mins.	0843	0849	0854	0855	0859	0904
Chadwell Heath Coopers Arms	0517	0547	0611	0638	0656	0702	0712	0721b	0726	until	0848	0854	0900	0900	0904	0912
Romford Market	0526	0556	0620	0650		0714	0724		0738	0748	0900	0909	0911	0915	0919	0924
Romford Station	0530	0600	0624	0654		0718	0728		0742	0752	0904	0913	0914	0921	0925	0930
Stratford Bus Station		0851		0931		1711	1717	1723	1729	1735		2300	2309	2318	2330	2342
Stratford Broadway		0855	Then	0936	Then	1716	1722	1728	1734	1740		2304	2313	2322	2334	2346
Forest Gate Green Street		0902	about	0944	about	1725	1731	1737	1743	1749		2311	2320	2329	2341	2353
Manor Park Broadway		0905	every	0947	every	1728	1734	1740	1746	1752		2313	2322	2331	2343	2355
Ilford Broadway		0911	12	0953	6	1734	1740	1746	1752	1758		2318	2327	2336	2348	2400
Seven Kings Garage	0915	0922	mins.	1004	mins.	1745	1751	1757	1803	1809	minutes	2326	2335	2344	2356	0008
Chadwell Heath Coopers Arms	0920	0927	until	1010	until	1751	1759b	1803		1815	until	2331	2342b	2349	0003b	0013
Romford Market	0925	0942		1025		1806		1817		1827		2340		2358		0022
Romford Station	0941	0948		1031		1812		1821		1831		2344		0002		0026

Sundays (and National Public Holidays)

Limehouse Burdett Road						0740		0810		0840		0910		0939		09	39	2209
Bromley-by-Bow Station						0748		0818		0848		0918		0947		17	47	2217
Stratford Bus Station				0709		0804		0834		0904		0934			Then	04	34	2214
Stratford Broadway				0713	0753	0808	0823	0838	0853	0908	0923	0939	0954		at	09	24	2224
Forest Gate Green Street				0720	0800	0815	0830	0845	0900	0915	0930	0946	1001		these	16	31	2231
Manor Park Broadway				0722	0802	0817	0832	0847	0902	0917	0932	0948	1003		mins.	20	35	2235
Ilford Broadway				0727	0807	0822	0837	0852	0907	0922	0937	0953	1008		past	25	40	2240
Seven Kings Garage	0648	0718		0736	0816	0831	0846	0901	0916	0931	0948	1004	1019		each	34	49	2249
Chadwell Heath Coopers Arms	0653	0723	0741	0821	0836	0851	0906	0921	0937	0954	1010	1025			hour	40	55	2255
Romford Market	0702	0733	0751	0831	0846	0901	0916	0933	0949	1006	1022	1037				52	07	2307
Romford Station	0706	0737	0755	0835	0850	0905	0920	0937	0953	1010	1026	1041				56	11	2311
Limehouse Burdett Road		2239		2311		2305		2345										
Bromley-by-Bow Station		2247		2319		2349												
Stratford Bus Station	2234		2305		2335		0005											
Stratford Broadway	2239	2254	2309	2324	2339	2354	0009											
Forest Gate Green Street	2246	2301	2316	2331	2346	0001	0016											
Manor Park Broadway	2250	2303	2318	2333	2348	0003	0018											
Ilford Broadway	2255	2308	2323	2338	2353	0008	0023											
Seven Kings Garage	2304	2316	2331	2346	0001	0016	0031											
Chadwell Heath Coopers Arms	2310		2326		0006		0038b											
Romford Market	2320		2345		0015													
Romford Station	2326		2349		0019													

b - Time at Chadwell Heath Vanger Road.